

# How do I know how long I will live?

It is hard to guess when people will die. A few symptoms that can help in figuring out how long someone may have to live include:

- *Minutes to hours:* prolonged periods of not breathing for more than 30 seconds at a time
- *Hours to days:* uneven breathing; different colored spots on the skin; very low blood pressure or oxygen levels; arms and legs that turn blue
- *Days to weeks:* no fluid intake or no urination
- *Weeks to months:* stopping treatment for a progressive illness, which is an illness that gradually gets worse (for example, cancer), in people who can't get out of bed.
- *Months to a few years:* spending more and more time in bed because of exhaustion and symptoms of the illness

As your quality of life gets worse, it is important to set new goals.

This is especially important if medical treatments are not working or are causing side effects. Make sure that medical treatments are helping you or your loved ones achieve your goals.

Source: <https://www.aafp.org/afp/2009/0615/p1059-s1.html>

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<https://t.me/c/1305911983/9>